



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

COVID-19 (Coronavirus Disease)

CASES ARE RISING.
ACT NOW!



WEAR A MASK



STAY 6 FEET APART



AVOID CROWDS

Community Mitigation (Non-US Settings)

Updated Dec. 11, 2020

[Print](#)

Global Community Mitigation Framework

Actions that individuals, partners, and ministries of health can take to slow the spread of COVID-19.

- [Framework for Implementation of COVID-19 Community Mitigation Measures for Lower-Resource Countries](#)

Introduction to Mitigation, Mobility and Epidemiology Graph

A mitigation, mobility, and epidemiology (MME) graph displays the effects that mitigation measures might have on community mobility and on the incidence of COVID-19 in a geographical zone over time.

[Guide to Create a Mitigation, Mobility and Epidemiology Graph](#)  [PDF]


About This Video

COVID-19 mitigation refers to slowing the pandemic as much as possible in the absence of a vaccine or cure.


Mitigation in Various Settings: Suggestions for mitigating COVID-19 transmission in these settings in low-resource environments and describe considerations associated with each mitigation measure.

- [Densely populated areas: How to mitigate COVID-19 transmission globally](#)

Market Settings

- [Markets: Operational considerations for COVID-19 mitigation measures in low resource settings](#) [PDF ]


Humanitarian Settings

- [Interim Operational Considerations for Implementing the Shielding Approach to Prevent COVID-19 Infections in Humanitarian Settings](#) [PDF ]

Schools

- [Operational Considerations for Schools](#) [PDF ]
Alternative languages: [Arabic](#) | [French](#) | [Portuguese](#)
- [Readiness Planning Schools](#)  [PDF]


Non-Healthcare Settings


- [How to Make a 0.1% Chlorine Solution](#) [PDF ]
Alternative languages: [French](#) | [Portuguese](#)


Home-based Healthcare: Taking Care of Sick People with COVID-19 Illness at Home

- [Taking Care of Sick People with COVID-19 at Home](#)  [PDF]
Alternative Languages: [Arabic](#) | [French](#) | [Hindi](#) | [Portuguese](#) | [Russian](#) | [Spanish](#) | [Swahili](#) | [Urdu](#)
- [Possible Items to Include in a Home-based Care Kit](#)  [PDF]
Alternative Languages: [Arabic](#) | [French](#) | [Hindi](#) | [Portuguese](#) | [Russian](#) | [Spanish](#) | [Swahili](#) | [Urdu](#)

Safe and Dignified Burial: Guidance for the handling of the bodies of COVID-19 victims.


- [How are COVID-19 burials different from Ebola burials?](#)  [PDF]

Alternative languages: [French](#)  [PDF]

- Safe and Dignified Burials in non-US Settings
 - [Engaging the Community](#)  [PDF]
 - [Engaging Ministries of Health and Partners](#)  [PDF]

Engaging Faith Leaders:

Providing Spiritual and Psychosocial Support to People with COVID-19 at Home (Non-US Settings)

- [Coronavirus Disease 2019 \(COVID-19\) for Global Faith and Community Leaders](#)  [\[PDF\]](#)

Alternative Languages: [Arabic](#) | [French](#) | [Portuguese](#) | [Russian](#) | [Spanish](#) | [Urdu](#)

- Faith Leaders: Overcome the Stigma of COVID-19 by Caring, Connecting, and Celebrating:

About This Video

This video describes strategies that global faith leaders can use to prevent and overcome stigma related to COVID-19 in their communities.

- Faith Leaders: Life, Hope, and Being a Positive Role Model:

About This Video

Global faith leaders can encourage everyone in the community to practice prevention strategies that help reduce the spread of COVID-19.

How to Wear and Take Off a Non-Medical Mask or Cloth Face Covering

To Put It On

1. Wash your hands for 20 seconds with soap and water or use an alcohol-based hand rub.
2. Put mask over your nose and mouth and secure it under your chin (do not touch the front of the mask that will be against your face).
3. Try to fit it snugly against your face.
4. Tie the strings behind your head or attach the elastic loops over your ears.
5. Make sure you can breathe easily.

To Take It Off

1. Grab the strings behind your head or the loops over your ears.
2. Handle only the ties at the top of the mask.
3. Fold the inside corners outwards, away from your face.
4. Place mask in a separate bag until you can wash it with clean water.
5. Wash your hands with soap and water for 20 seconds or use an alcohol-based hand rub.

Using a Mask or Cloth Face Covering

1. Always keep the mask on your face and eyes (do not touch the front of the mask).
2. Change the mask if it is wet, soiled, or if you are breathing heavily.
3. Do not touch the mask. If you do, wash your hands for 20 seconds.
4. Do not use the mask around your face if you are not wearing it properly.

Check with health authorities for information and recommendations on community actions designed to limit exposure to COVID-19.

[CDC.GOV/CORONAVIRUS](https://www.cdc.gov/coronavirus)

[CDC.GOV/CORONAVIRUS/2019-NCOV/GLOBAL-COVID-19](https://www.cdc.gov/coronavirus/2019-nCoV/global-COVID-19)

How to Wear and Take Off a Non-Medical Mask or Cloth Face Covering

Ways to safely seek care during COVID-19 non-US settings

Seek care immediately for severe or sudden health events or emergencies. Do not delay any urgent care because of fear of COVID-19. Delayed care can result in worsening illness or death.

Follow national and local guidance

- Stay up-to-date on the:
 - guidance for seeking care
 - types of services provided at a given location
 - availability and schedule of community health services
- Ask your local government to find out if they will provide special services to help get care (e.g. special transportation to the clinic).

Practice safe behaviors when you are outside your home

- Stay 2 meters (about 2 arms' length or 6 feet) from people
- Avoid crowded places
- Wear a non-medical mask or cloth face covering
- Wash your hands with soap for at least 20 seconds or use alcohol-based hand rub for the following:
 - after going to the bathroom
 - before eating
 - after blowing your nose, coughing, or sneezing
 - after touching surfaces shared by many other people
 - when your hands are soiled
 - when you arrive or leave somewhere
 - when you get back home

Make sure your medicine does not run out.

- Ask if you can extend and refill prescriptions to reduce visits to the clinic or pharmacy.
- Find out if your community is served by community health workers and ask if they deliver medicines.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

www.cdc.gov/coronavirus/2019-nCoV/global-covid-19

Ways to safely seek care during COVID-19

How to make 0.1% chlorine solution to disinfect surfaces

Use 1.0% (100 ppm) chlorine solution to disinfect frequently touched surfaces and items. Make sure to follow the label. Always use proper disinfection technique to achieve the best results in your setting or home.

How to make 0.1% chlorine solution

1. Measure 100 ml of 1.0% (100 ppm) chlorine solution (bleach) into a clean container.
2. Add 900 ml of water to the container.
3. Mix the solution thoroughly.
4. Use the solution to disinfect surfaces and items.

How to use 0.1% chlorine solution

1. Wipe down the surface with the solution.
2. Let the surface dry for at least 5 minutes.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

www.cdc.gov/coronavirus/2019-nCoV/global-covid-19

How to Make 0.1% Chlorine Solution Disinfect Surfaces

Last Updated Dec. 11, 2020

Content source: [National Center for Immunization and Respiratory Diseases \(NCIRD\), Division of Viral Diseases](https://www.cdc.gov/coronavirus/2019-nCoV/global-covid-19)